

# 24 Meals from One Whole Pastured Chicken | Budget-Friendly & Healthy!

At Nutrafarms, we're always finding innovative ways to help families enjoy high-quality, nutrient-packed meals without breaking the bank. In our latest video, we asked our friends from [Brimstone BBQ](#) to see how many family-favourite meals we could make from one pastured chicken. The results speak for themselves. Check out the video below.

## Why Choose a Pastured Chicken?

First things first, let's talk about why a pastured chicken is different. Unlike conventional chickens, pastured chickens are raised on open fields, where they forage for natural food like insects, seeds, and grasses. This lifestyle results in a bird that's leaner, larger, and richer in essential nutrients. Pastured chicken contains higher levels of omega-3 fatty acids, vitamins, and minerals, offering health benefits you won't find in standard grocery store poultry. It's a more ethical and sustainable option as well, supporting local farmers and promoting animal welfare.



## 24 Meals for Less Than \$60

For this shoot, we spent under \$60 to create meals for a family of four. That breaks down to less than \$12 per meal, or just \$3 per person. Not only is this affordable, but it also features an ultra-premium source of protein that keeps your family well-nourished and satisfied. So, how did we stretch one bird to feed a family so many times? It's all about creative planning and utilizing every part of the chicken.

**Here's what we made:**

- [Fajita Fried Rice](#)
- Greek Pasta Salad with Pastured Chicken
- Chicken Salad Sandwich
- Chicken Noodle Soup
- Pastured Chicken Caesar Salad



Each of these dishes was designed to be delicious, healthy, and easy to prepare, ensuring that even the leftovers became part of the plan.

## **Stretching Every Ounce: The Real Win**

One of the greatest advantages of a pastured chicken is that it goes further. Thanks to its size and density, this bird provides more meat than its conventional counterparts, allowing you to stretch your grocery dollars while still feeding your family top-quality, nutrient-dense meals. And

let's not forget about the bones—use them to make a flavourful, nutritious broth that can be the base for soups or stews, adding even more value.

## The True Value of Pastured Chicken

Beyond the quantity of meals, the real value of pastured chicken lies in its health benefits. It's rich in essential nutrients like vitamin E, vitamin A, and healthy fats that contribute to better heart health, brain function, and overall well being. It's a win-win for your family's health and your wallet.



## Making Sustainable Choices

By choosing pastured chicken, you're not only supporting your family's health but also backing local farmers who practice ethical, sustainable farming. You're making a choice that positively impacts your community and the environment. This is why Nutrafarms stands by the quality of our pastured chicken and encourages families across Ontario to make the switch to better, healthier options.



## Final Thoughts:

By investing in a pastured chicken, you're not just buying dinner for tonight—you're investing in multiple meals that support your family's health, your budget, and sustainable farming. With 24 meals from just one bird, you're proving that healthy eating doesn't have to be expensive. Nutrafarms is proud to provide the highest quality pastured chicken, helping Ontario families reconnect over wholesome, nutritious meals. Whether it's a hearty soup, a fresh salad, or a comforting sandwich, the possibilities are endless when you make thoughtful, sustainable choices.

***So, are you ready to make your meals go further? Start your journey with Nutrafarms today and see how far one pastured chicken can take you!***